



Title: The Special Presentation of Ash Wednesday (2022)

Subtitle: In My Own Words About Ash Wednesday

Headlines: In The Morning, Wednesday Morning, Ash Wednesday

Comments: On Ash Wednesday, in the morning, go in to your inner room, shut the door, anoint your forehead with oil, pray to your father in secret. Come out from your inner room, wash your face, comb

your hair, so that you would not look like your fasting. But do not fast like the hypocrites do. And when you fast, do not look like you're fasting.

Ashes to ashes, dust to dust.

You are dust and to dust you shall return.

This message is always said when receiving ashes on your forehead with a shape of the cross. Fast and repent. There all kinds of fastings. The way we fast is giving up something. It could be anything. It could be one of your favorite things. For example: Music, favorite dish, sweets, a favorite hobby of your own and much more. It is not easy. It's hard. Once you commit in it, you can't break your word. Stick to that resolution. It takes time to get use to it. Keep the resolution and you will get use to if you stay strong. Cold Turkey! Lent is a special time of year. Lent is a liturgical season. The Biggest Season of the year and it comes once annually. The Lenten season is the perfect way of getting ready for Easter. Lent comes about 40 days prior to Easter. Lent is the special time to be good to God and to other people and to yourself. And not only that, We be good to God and to other people and be good to yourself at all times, everyday and all year round.

This story was written by me. Bruce Henry

Author's Name: Bruce Henry

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*Bruce Henry*